1. **RESEARCH PROJECT SUBJECT TITLE:** Muscle mass work out. **TOPIC:** To produce a weekly workout routine and diet designed to build muscle mass.  
   **ASSESSMENT TYPE 1: FOLIO: Proposal**
2. **IDENTIFY AND DEFINE MY TOPIC:**Through my own personal experiences as well as credible, primary and secondary sources. My aim is to produce an effective weight routine and diet plan to build muscle mass. The objective of creating this routine and diet regime is to facilitate individuals to build muscle mass.
3. **CAPABILITY FOCUS:**The nature of my research project can relate to all 5 capabilities, however my core focus is based on work and citizenship. My career aspiration of becoming a personal trainer has a connection to the work capability. I will delve into a specialized area of interest. This will ultimately allow me to gain a further insight in my career plan.  
   As an outcome to my research, I will display citizenship through the routine and diet regime. Available to interest individual.
4. **INITIAL IDEAS**My 3 initial research ideas all linked to building muscle mass. Although they were too narrow, time consuming and involved little quantitative and analytical research.  
   After realizing the importance between the routine and diet plan and the benefits to others I altered my research statement to incorporate those elements.
5. **RESEARCH STATEMENT  
   -** To develop a workout routine and diet plan designed to build muscle mass.
6. **OBJECTIVE OF MY RESEARCH PROJECT**From my research I hope to guide others with my diet and workout plan to educate interested individuals on building muscle mass. My plan is to use credible and comprehensive sources to ensure the target audience is guided by a routine and diet plan that is based on insightful research.
7. **RESEARCH PROCESS AND ETHICS:**